

HOME, ITS PROBLEMS AND INTERESTS

HINTS TO THE SUMMER GIRL

ABOUT HER COMPLEXION

The bright sunshine and the keen winds of these summer days have not been a source of unalloyed joy to the fastidious mortal, for the combination has been disastrous to the fair complexion.

Tints of tan and faint brown tracings that suggest coming freckles tell only too plainly that unless aid is speedily sought the handsome evening gown which are being shown will be but aggravations.

The skin must be whitened quickly, for there are but a few weeks; so Madame Vanity speeds until she finds a wise little woman who knows many secrets of beauty culture.

The little wise woman shakes her head sagely and smiles complacently as she sees her speckled victim, for she knows at the very beginning the trouble was caused by carelessness.

But it is indeed an "ill wind that blows no good," she bustles herself with the preparation for the bleaching process and lectures her patient while the work is going on.

First of all, the face is washed with mild soap and distilled water, and then it is covered with a mask of absorbent cotton fresh for the occasion and soaked in peroxide of hydrogen.

This is allowed to remain on the face at least five minutes, and if the skin is extremely dark, even longer.

Very sensitive skins find it a trifle irritating, so in cases of this description the mask is removed as soon as the burning sensation is experienced.

After the mask is removed the water massage is given with water, to which a mildly cleansing alkaline is added.

Then follows another application of

the mask, saturated with a fresh supply of peroxide.

In a few minutes a vigorous massage with the finger tips and the whitening cream is given.

When this is finished the most clinging powder is dusted on to protect the skin and the patient is dismissed with strict instructions to apply the cream every night and never to venture out without protecting the face with either veil or powder.

At least three of these treatments must be taken within four days if the complexion is badly tanned.

The results are, of course, excellent, for the skin does not become at all rough if the work is properly done, while the whitening process will effectively remove every hint of discoloration.

Those who cannot seek the advice of a skilled worker may comfort themselves by applying the peroxide mixture themselves, and if the coat of tan seems very obstinate, the skin may be well scrubbed with lemon juice and almond meal before using the peroxide.

If the bleaching process is attempted at night the mask may be allowed to stay on for fifteen minutes instead of five and massage given with the following mixture:

Almond meal oil, six ounces; cocoa butter, two ounces; spermaceti, one ounce; white wax, one-half ounce; oxide of zinc, sifted, one ounce; oil of rose geranium, ten drops.

The oxide of zinc should be stirred into the almond oil until it makes a smooth paste, and then the mixture poured into the melted wax, spermaceti and cocoa butter.

The rose water is to be added last of all and then the cream is beaten until white and smooth, and perfumed when cool with rose geranium.

With these ingredients and the necessary amount of perseverance, the ambitious maiden will have no reason to worry about her appearance.

FOR THE HOMEMAKER

A child's cold and sweet pudding are not usually associated, and yet this dish, unlikely as its sounds, is an important part of a bill of fare which should be arranged for the child who is a persistent cold catcher. If made of equal parts of flour and bread crumbs with the suet it is easily digested, and during the process the farinaceous part of it is converted into sugar, so that it supplies the body with a large amount of fuel.

During the feverish stage of the cold children should be fed lightly, but its prevention can often be brought about by seeing that he gets plenty of heat-producing foods. Fat, oil, sugar and starch and potatoes are all good heat makers, and buckwheat cakes, if not too steadily indigested in, are one of the best fortifiers against cold.

If the troubles cannot be mitigated by diet, try small doses of cod liver oil. This will supply extra fuel and also quicken the circulation.

Ventilation must also play the foremost part in the winter hygiene. In desperation the mother whose children are the victims of cold rushes off to the school room to ask that the windows be kept closed. While it is well to keep him out of the direct draft, it is really his only salvation to be near enough a current of fresh air so that he will not be inhaling over and over the gases from other children's lungs. If one of the number has a cold the seeds of it are filling the air broadcast, and it is only by constant freshening that the susceptible child can be kept from constant exposure.

Coffee service has become elaborate since it is understood that there are certain laws as to cream and sugar, which are both hygienic and euphoric. The up-to-date housewife now has a little covered hot milk pitcher with her breakfast coffee service which resembles a little Doulton syrup jug. She serves the breakfast coffee clear with sugar to such of her family as can still be trained into ways of fashion and hygiene—which for once correspond. To those who cannot, she dilutes the coffee with scalding milk. If cream is insisted on it must never be heated, and it also is one of the nice points that the milk should not be allowed to come to a boil. To have it just right it should be put in a double boiler and watched until the water surrounding it comes to a boil, when it should be taken out. For dinner have the coffee made in a French coffee pot so carefully that its flavor will convert the most old-fashioned coffee devotee to taking it clear. The hygienic point of view is that coffee

with cream produces stomach acidity, while the combination of cream and sugar is more injurious.

It is not generally known that the potato possesses great cleaning properties. Cold potatoes, when used instead of soap, clean the hands well and keep the skin soft. The water in which potatoes have been boiled is excellent for sponging out dirt from silk.

Sweeping with the carpet sweeper will be more effective if the sweeper is pushed in the same direction as the warp of a rug—not against it.

If you have the old-fashioned overhead chandelier lights in your house, some time during the summer try to have the change made to the more artistic and convenient side lights. A pair near the piano, the desk or bookcase, and over a corner seat, will be found to add to the furnishing of the room, and apparently increase the size of a small apartment.

Among the minor annoyances of housekeeping is the one that, however carefully plate may be cleaned before putting away, and over a corner seat, will be found to add to the furnishing of the room, and apparently increase the size of a small apartment.

So it becomes dull and tarnished. This may be avoided by the following simple means: First, thoroughly clean the plate and polishing it with whitening, wrap up each piece in tinfoil, such as is used for wrapping up chocolate, tea, etc., then put it in a dry cupboard or drawer.

You should always add a little vinegar to the water in which stockings are rinsed after being washed. The stockings should then be dried wrong side out, and if hung at once will be un-faded, and black ones will retain their original luster.

Sweet milk is just as good for enamel as for babies, only it needs to be applied differently. Remove all dust and dirt from the shoes, then wash the uppers thoroughly with the milk. Let them stand a minute with the milk on them, then wipe with a soft dry cloth. Shoes thus treated keep their enamel bright for a long time without needing any polish or dressing.

Never let a mirror be hung where the sun's rays fall upon it. The light and heat produce a chemical reaction, the quicksilver at the back, which injures the reflective power and makes the glass dull.

The nervous housewife who lives in constant dread of fire, may with very little trouble make an extinguisher that will put out a blaze if used at once. All she needs to do is to put three pounds of salt in a gallon of water, and to this add 1/2 pound of sal ammoniac. This liquid should be bottled and when the fire is discovered it should be poured on it.

If more were needed to insure the small of today against being set down to sewing tasks, it has come in the dress of the quill. The study of young eyes has brought forth the fact that the close application needed to make the fine fingers take little stitches is very injurious.

Uses for Kerosene

A teaspoonful of kerosene to a quart of boiled starch keeps it from sticking. To prevent scorching rub the iron on a cloth saturated with kerosene.

Kerosene will remove ink stains and fresh paint, while nothing takes out blood stains but kerosene. Rub some to which kerosene has been added.

Fruit stains lambblack, etc., may be taken out of wash goods by first saturating the spot with kerosene, then washing as usual.

For wagon grease or tar spots rub well with kerosene while the grease is fresh, then wash out in cold, soft water, using no soap.

For iron rust, put on kerosene, and let the article remain covered for some time. The oil will loosen the rust so that it will come off.

Kerosene will take out new paint, and is the best thing with which to clean the wringer rollers.

To clean sewing machines, cover all the bearings with kerosene, work the machine quickly for a few minutes, then rub all the oil off with a soft rag and apply machine oil where needed.

To remove grease from granite ware, rub well with a cloth saturated with kerosene, when the dirt is removed wash with hot soap suds.

Clean the back of the sink or marble wash bowl with a cloth wet with kerosene.

Kerosene will remove rust on a stove. Wash well with a wooden cloth wet with kerosene. Let stand a day and repeat.

Finally rub with a wooden cloth, then polish with stove polish.

Clean furniture with a flannel cloth on which is a little kerosene. It will remove soiled spots from light painted doors, also white spots from dining tables if applied as soon as the spot is made.

Kerosene is excellent in cleaning hard wood or stained floors. Remove dust and wipe a small place at a time, then rub the oil off with a flannel cloth.

Use kerosene instead of soap for cleaning windows, and it will repel flies and mosquitoes.

Recipes to Beautify Hands

Use soft, large, leather gloves, three or four sizes too large. Rub them open and spread the inside with one of the following preparations, then sew the gloves again. The simplest, and therefore the least troublesome, pastes to make are the following three:

No. 1.—Ground barley, the white of an egg, a teaspoonful of glycerine and 1 ounce of honey.

No. 2.—Home-made soft soap, 1/4 lb.; olive oil, 1 pint; lemon tallow, 1 ounce. After boiling these together, remove them from the fire before adding spirits of wine, 1/2 ounce; or some other perfume of an amount to suit the taste, always being on your guard not to scent things too highly.

No. 3.—Refined pine tar, 1 teaspoonful; olive oil, 1 pint. Melt in a water bath, scented with rose water, or some other perfume. This is a preparation which does not spoil. The following preparation for use with cosmetic gloves is slightly more elaborate: Myrrh, 1 ounce; honey, 4 ounces; yellow wax, 2 ounces; rose water, 6 ounces. Melt the wax in a water bath and add the myrrh to it while it is hot. After beating them together add the honey and rose water. Beat all up and add glycerine to the teaspoonful until you secure a paste which will spread nicely.

Leghorns Again

Little hats, much tilted over the brow, are rapidly disappearing from the fair heads of gay Parisiennes, and shady leghorns, with high crowns, are taking their place.

CASTORA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Wm. D. Gifford*



Design for summer gown or frock of silk muslin or thin silk. The trimming was of narrow Valenciennes lace, which formed the yoke and was used on the skirt as shown in the drawing. The lace on the bodice was fagotted together, the lower part of the bodice and the sleeves being tucked crosswise, a group of three tucks being used, each tuck about an inch and a half in width. The elbow length sleeves were finished by a cuff made of bands of lace fagotted together and edged with a narrow frill.

If colored silk, muslin, or India silk is used for the gown, a very pretty effect is gained by having the fagotting on the lace yoke done in silk to match the frock—one effective gown seen in very much this same style being of pale blue silk muslin, with the Mechlin lace bands forming the yoke fagotted together with embroidery silk to match.

A FEW NURSERY NOTES

Nurses and children.—Nurses should be given a fairly free hand with children under their charge. There is nothing so bad for a child as to know that he has only to apply to his mother to be let off any little peevishness nurse may have imposed for a nursery misdeed. Of course, it is necessary to have a woman who can be trusted to thoroughly understand the child.

Wet Feet.—If your children's feet get wet, or even damp, have shoes and stockings at once changed, for it is most necessary that their feet be kept dry and warm. It is useless to cover the body warmly if the extremities be left cold and damp.

Sandals or Shoes.—Parents differ in their views of sandal wearing. While some mothers are loud in their praise of the sandal and its hygienic value, others declare that sandal wearing encourages the feet to spread, and is therefore a disadvantage. Some governesses

second this view, and have entreated mothers of their pupils to put their children into boots again and discard sandals, because of the difficulty the children experience on dancing-class days in getting into their shoes and wearing them with any degree of comfort.

Thumb Sucking.—Among the early bad habits developed in children is that of sucking the thumb or fingers. If this is allowed to go unchecked for any length of time, it will result in life and become a soft, and possibly in a weakened finger joint, while the flesh will lose its firmness and become flabby. Not only this, but persistent thumb-sucking is likely to be responsible for a malformed roof to the mouth or upper teeth and the shape of the top lip.

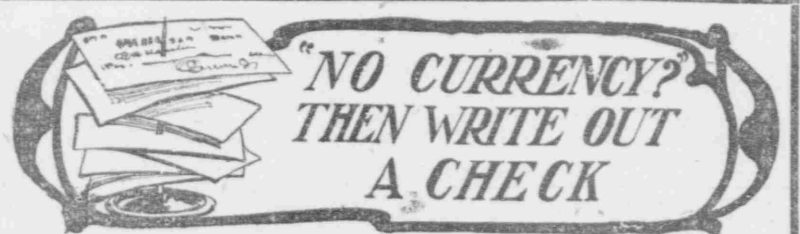
Fresh Air.—The constructive value of fresh air for children can never be too much insisted upon, but in some cases where this rule is carried out with praiseworthy thoroughness the children are apt to suffer from insufficient clothing. The exposure to the cold air must be compensated by the increased protection of warm clothes.

Flattery in Venice

In Venice, says the Ladies' Realm, the women of the lower classes accept tributes to their beauty from perfect strangers as a matter of course. It is considered not only proper, but polite, to compliment a passing maiden on the charm of her beautiful eyes or complexion. If one treads on the skirt of a pretty woman one has only to say, "Pardon, beautiful girl," to receive the most delectable smile and have in return for the scolding of the scullery maid or the people it is the custom for waiters to say, when placing a chair for one of the women, "Take this chair, beautiful blonde," or, "Sit here, lovely brunette," as the case may be.

Tomato Omelet

Scald and skin three tomatoes, melt a small piece of butter in a saucepan, to which add a teaspoonful of chopped onion and another of chopped parsley, season with pepper and salt, put in the tomatoes, and let them remain in the butter for two minutes. Turn out the mixture and set it aside until quite cool. Beat up three whole eggs and mix in the cold tomatoes. Place a lump of butter, about the size of a walnut, in a frying pan, and when it dissolves, pour in the mixture, leave it over the fire until the edges are firm, and then hold the pan in front of the fire until it rises to the top. It should be served at once.



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BABIES SHOULD NOT BE KISSED

"I never kiss a baby in the mouth. It is criminal," says a woman physician in one of the women's hospitals in the city. "I know of no more injurious thing than the kissing of a baby's mouth," she declares. "For from experience I know that many diseases are transmitted to little ones by their parents or others touching their lips."

A mother should guard her infants just as closely from kisses as from measles, whooping cough, etc., for though grown persons do not as a rule have any of the diseases to which children are susceptible, and so do not give them to the little ones, such as they frequently have are chronic and for that reason much worse if contracted through the breath of young babies. I had one case where a newly born child died as the result of a kiss. It was but a few days old when a nurse caring for the mother kissed it on the lips and the next day she developed childbed fever. I took every precaution to prevent the little one from coming down with the disease, but to no purpose, for it had a most severe attack and died in less than a week from the time its lips were kissed.

I always advise mothers against allowing their little ones to be kissed on the lips, even by their parents and immediate family. A baby's mouth should not be kissed. I contend, and if this rule were strictly followed there would be fewer sick infants, for microbes are not often transmitted to them. I warn against any kind of a caress on the face, head or hands. In fact I believe that young children should be shown all possible tenderness, but not kissed and caressed. They do not understand it, and frequently I have seen them made most uncomfortable by being squeezed close in a mother's arms and half smothered by kisses on the lips. Grown persons often do not realize how hard they are pressing the little bodies in their arms until the infants cry out in pain, and then they frighten the youngsters by suddenly kissing them all over the face in an effort to show how sorry they are because the little one cried. I wish I could make mothers, fathers, and nurses realize that they can best show their love for a young baby by touching it as little as possible."

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Picnic Drink.

For those whose digestion is too delicate to stand the cold drinks incident to a picnic, the following beverage is recommended by a well-known stomach specialist. The ingredients are egg, hot milk, hot water, butter and seasoning. The egg, well-beaten, is stirred into a cup of hot milk, hot water, butter to taste, and pepper and salt are added. All the ingredients are put into a dark colored bottle, as this retains the heat better than a light colored one, and the bottle is wrapped up well into cotton batting, and thus protected it is said to keep hot for two or three hours.

Summer Eggnog.

Take one large teaspoonful of powdered sugar, one fresh egg, one-half wine glass of brandy, the same of Santa Cruz rum and a little shaved ice. Fill a glass with rich milk and shake together the ingredients until they are thoroughly mixed. Extract the ice and grate a little nutmeg on top of the glass.

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